

HERTFORD COUNTY OFFICE OF AGING ACTIVITY CALENDAR

<div> <div> <div>◀</div> <div>May 2016</div> </div> <div> <div>June 2016</div> </div> <div> <div>July 2016</div> <div>▶</div> </div> </div>						
Su	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:00 Chair Exercises (W) Bingo! (A&M) 10:30 Chair Exercises (A) Drop-in Games 9:30-12Ping-Pong 1-3 (W)Computer Lab 8:30-5Total Body & Cardio 5:30 (W) Fishing Trip to Norfolk Pier	2 9:30 Bingo (A&M) 9:00 Chair Exercises (M) 9:30 Painting (M) 10:30 Bingo (W)Drop-in Games all sites 9:30 – 12 Computer Lab 8:30-5 Line Dancing 5:15- 6p (W) Total Body & Cardio 5:30 (M)	3 9 am Quilting, Bingo! (A&M)10:30 Chair Exercises (A)1 pm Quilting (W) Computer Classes: Intermediate and Basic Summer session begins on June 24	4
5	6 9:00 Chair Exercises (W) 9-12 Drop in Games all Sites Bingo (M)Bingo (A) Computer Lab 8:30-6:30 (W)Total Body & Cardio 5:30 (W)	7 9:00 Chair Exercises (M)Bingo! (A&M) 9:30 Line Dancing (M) Drop-in Games 9:30-12 Computer Lab 8:30-5 (W)Line Dancing 5:15- 6:00 (W)Total Body & Cardio 5:30 (M)	8 9:00 Chair Exercises (W) Bingo! (A&M) 10:30 Chair Exercises (A) Drop-in Games 9:30-12Ping-Pong 1-3 (W) Computer Lab 8:30-5Total Body & Cardio 5:30 (W) Trips and Tours to Atlanta	9 9:30 Bingo (A&M) 9:00 Chair Exercises (M) 9:30 Painting (M) 10:30 Bingo (W)Drop-in Games all sites 9:30 – 12 Computer Lab 8:30-5 Line Dancing 5:15- 6p (W) Total Body & Cardio 5:30 (M)	10 9 am Quilting, Bingo! (A&M)10:30 Chair Exercises (A) 1 pm Quilting (W) Atlanta Trip returns	11
12	13 9:00 Chair Exercises (W) 9-12 Drop in Games all Sites Bingo (M)Bingo (A) Computer Lab 8:30-6:30 (W)Total Body & Cardio 5:30 (W) Genealogy 3-5pm	14 9:00 Chair Exercises (M)Bingo! (A&M) 9:30 Line Dancing (M) Drop-in Games 9:30-12 Computer Lab 8:30-5 (W)Line Dancing 5:15- 6:00 (W)Total Body & Cardio 5:30 (M)	15 9:00 Chair Exercises (W) Bingo! (A&M) 10:30 Chair Exercises (A) Drop-in Games 9:30-12Ping-Pong 1-3 (W) Computer Lab 8:30-5Total Body & Cardio 5:30 (W) Marathon Bingo @ Ahoskie	16 9:30 Bingo (A&M) 9:00 Chair Exercises (M) 9:30 Painting (M) 10:30 Bingo (W)Drop-in Games all sites 9:30 – 12 Computer Lab 8:30-5 Line Dancing 5:15- 6p (W) Total Body & Cardio 5:30 (M)	17 9 am Quilting, Bingo! (A&M)10:30 Chair Exercises (A) 1 pm Quilting (W)	18
19	20 9:00 Chair Exercises (W) 9-12 Drop in Games all Sites Bingo (M)Bingo (A) Computer Lab 8:30-6:30 (W)Total Body & Cardio 5:30 (W) Genealogy 3-5 pm	21 9:00 Chair Exercises (M)Bingo! (A&M) 9:30 Line Dancing (M) Drop-in Games 9:30-12 Computer Lab 8:30-5 (W)Line Dancing 5:15- 6:00 (W)Total Body & Cardio 5:30 (M)	22 9:00 Chair Exercises (W) Bingo! (A&M) 10:30 Chair Exercises (A) Drop-in Games 9:30-12Ping-Pong 1-3 (W) Computer Lab 8:30-5Total Body & Cardio 5:30 (W)	23 9:30 Bingo (A&M) 9:00 Chair Exercises (M) 9:30 Painting (M)10:30 Bingo (W)Drop-in Games all sites 9:30 – 12 Computer Lab 8:30-5 Line Dancing 5:15- 6p (W) Total Body & Cardio 5:30 (M)	24 9 am Quilting, Intermediate Computer Classes begins 9-12 pm (W) Bingo! (A&M)10:30 Chair Exercises (A) 1 pm Quilting (W)Basic Computer Classes begins 1- 4 pm (W)	25
26	27 9:00 Chair Exercises (W) 9-12 Drop in Games all Sites Bingo (M)Bingo (A) Computer Lab 8:30-6:30 (W)Total Body & Cardio 5:30 (W) Genealogy 3-5 pm	28 9:00 Chair Exercises (M) Bingo! (A&M) 9:30 Line Dancing (M) Drop-in Games 9:30-12 Computer Lab 8:30-5 (W)Line Dancing 5:15- 6:00 (W) Total Body & Cardio 5:30 (M)	29 9:00 Chair Exercises (W) Bingo! (A&M) 10:30 Chair Exercises (A) Drop-in Games 9:30-12Ping-Pong 1-3 (W) Computer Lab 8:30-5 Total Body & Cardio 5:30 (W) D.E.E.P. begins @ 10 a.m.	30 9:30 Bingo (A&M) 9:00 Chair Exercises (M) 9:30 Painting (M)10:30 Bingo (W)Drop-in Games all sites 9:30 – 12 Computer Lab 8:30-5 Line Dancing 5:15- 6p (W)Total Body & Cardio 5:30 (M) Website Design begins 10-12pm	Fitness Center Hours Winton M 8:30-9pm,Tues-Thurs 8:30-6:30 & Fri 8:30-5:00 Ahoskie & M'boro M-F 9-5 pm Computer Lab M-TH 8:30 to 6:30 Fri-closed for classes	

